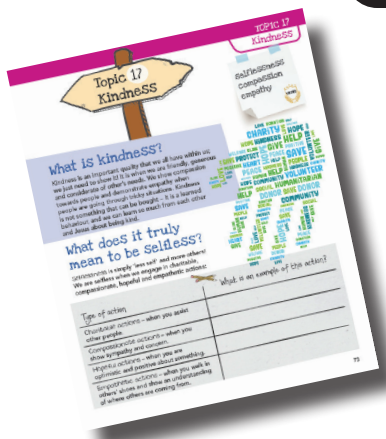


Learning Intention Hey, why this lesson?

That kindness is simply ‘less self’
more others!



Jesus was the epitome of kindness eg helping children, sick etc. The intention is to be inspired by his actions then explore and discover how we discover that kindness creates more kindness.

Hint: That kindness is contagious
and brings joy to ALL.

Scripture

“... for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and gave me clothing ...”

– Matthew 25:35-36, 40

We see many people who are homeless but we are often in a quandary of whether to help. Discuss why – ask the students to be honest and to try and use the virtue ‘empathy’ – walking in others’ shoes e.g. dangerous, can’t help everyone etc.

ACARA Connection RE Key Understanding

Connect to your own State/
Territory’s key understandings
of Religious Education e.g.
Christian Living, Religion and
Society

Health and physical education / Year 7 and 8 / Personal,
Social and Community Health / Communicating and
interacting for health and wellbeing

Curriculum content descriptions

Analyse factors that influence emotions , and develop strategies to demonstrate empathy and sensitivity (ACPPS075).

<https://www.australiancurriculum.edu.au/Search/?q=ACPPS075>

Virtues

- **selflessness** – more concerned with welfare of others than yourself
- **compassion** – demonstrate sympathy and concern for others
- **empathy** – walk in others’ shoes, share others’ feelings

After discussing the definitions of these words – note how closely related they are – ask the students to draw arrows from each of these three virtues to words that are in the hand on page 73. For example, draw an arrow from **empathy** to the word **heart**.



Warm Up Activity

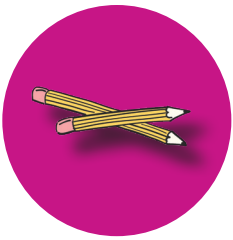
The true meaning of 'Selfless'

The Gratitude Experiment- watch the YouTube and think of someone who you feel that needs to be thanked

[THE GRATITUDE EXPERIMENT, 4:43 DURATION](https://www.youtube.com/watch?v=U5IZBjWDR_c)

https://www.youtube.com/watch?v=U5IZBjWDR_c

1. If you have done Topic 10 the students may have already written a 'gratitude letter' – if not go for it.
2. Now ask them what was
 - a) the reaction
 - b) how it made them feel?
3. Journal these discussions.



Main Activity

1. Ask the students to find a 'Good News' story rather than all the sad news we see on television/ media devices.
2. Look at the following example of a 'Good News' story. Mat Bowtell, Australian of the Year — Victorian State Recipient Local Hero 2018 — builds 3D hands for those who can't afford new hands. <https://www.youtube.com/watch?v=imeQhdIJCFU>
3. Go to Journal to reflect

Spiritual Connection

Connection Activity

Link the Scripture (Matt 25:35-36, 40) to the Golden Rule. Discuss with students in what ways the message is still relevant to us today in a world of poverty, injustice and unrest.

Prayer/Reflection

Reflection Activity

Dear Lord

Please give me the strength and the will-power to NOT think about myself so much. I need to remember to open my heart to those around me who struggle and who don't have the opportunities that I have been given. Let me strive to become selfless like you were when you were on earth. I ask for your help through Christ Our Lord.

Amen

Reflection Questions



Before reflecting on these pages about kindness ask the students to write in their journal (page 76) the most beautiful act of kindness they have ever seen or heard about. How and why did it impact on them? Can they copy this action or try and reciprocate it?

Success Criteria

Students will be able to ...

- write down a 'virtue' that they feel best describes each of them in regard to kindness and explain why this virtue is important
- identify a 'Virtue' that they feel they need to work on or take up as a virtue
- plan and write a letter to someone who has shown them kindness
- research an individual or group that has displayed great kindness and then discuss the flow -on effect of this kindness
- discuss the kindnesses that Jesus displayed in His life here on earth.

Take Away



Without a doubt one of the most powerful things a human can do for others is display kindness. Suggest students write about one of the three virtues and how they are going to take away this virtue to help others.

Extensions

Extension Ideas

1. Watch the YouTube on Rick and Dick Hoyt – a dad and son team, [THE STORY OF LOVE DICK AND RICK TEAM HOYT, 09:54 DURATION](https://www.youtube.com/watch?v=64A_AJjj8M4)
https://www.youtube.com/watch?v=64A_AJjj8M4
2. Write down a 'virtue' that you feel best describes each of them. In groups, identify as many of the 'Virtues' that personifies Dick and Rick – maybe use the list from www.virtuesproject.com Can you get more than 10 virtues?
3. Go to the following kindness act – choose one and discuss with someone why you like it.
<https://www.youtube.com/watch?v=20Sol8sDdf8>

Relatable Quote

"Selflessness is simply 'less self' and more others."

– Marty Ogle

What does this quote mean for the youth today?